What is claimed:

1. A process for manufacturing metal foam, the process comprising: introducing gas into a foamable molten metal from at least two neighboring

similarly dimensioned feed pipes projecting into a metallurgical vessel; and

forming bubbles in an area of ends of the projecting pipe,

whereby abutting areas of adjacent bubbles form particle-containing interstructures.

- 2. The process of claim 1, wherein the metal foam is a free-flowing metal foam having a monomodal distribution of cavity dimensions.
- 3. The process of claim 1, further comprising:

 determining a size of individual bubbles based upon a distance between adjacent feed pipes.
- 4. The process of claim 3, wherein the bubbles comprise cavities and wherein the process further comprises:

determining a size of individual cavities based upon a distance between adjacent feed pipes.

- 5. The process of claim 1, wherein the introducing comprises introducing gas into one of a mold and an ingot mold.
 - 6. The process of claim 5, further comprising: allowing the metal foam to solidify.
 - 7. The process of claim 6, further comprising: forming a dischargeable member having the solidified metal foam.

- 8. The process of claim 1, wherein the introducing comprises introducing the gas into a mold after an essentially thin-walled solidification stage occurs.
 - 9. The process of claim 8, wherein the mold comprises an ingot mold.
- 10. The process of claim 8, wherein the essentially thin-walled solidification stage comprises allowing molten metal to solidify on an internal wall of the mold.
 - 11. A device for manufacturing a metal foam, the device comprising: at least two feed pipes for introducing gas; and the at least two feed pipes being arranged next to one another, wherein each of the at least two feed pipes project into a foamable melt.
- 12. The device of claim 11, wherein the at least two feed pipes are arranged at a distance from one another.
- 13. The device of claim 12, wherein a size of individual bubbles is based upon the distance.
- 14. The device of claim 11, wherein the metal foam is a free-flowing metal foam having a monomodal distribution of cavity dimensions.
- 15. The device of claim 11, further comprising at least one additional feed pipe, wherein each of the feed pipes projects into a molten mass.
- 16. The device of claim 15, wherein the at least one additional feed pipe is arranged offset relative to one of the at least two feed pipes.

- 17. The device of claim 16, wherein the at least one additional feed pipe is spaced at an equal distance from each of the at least two feed pipes.
- 18. The device of claim 11, wherein the at least two feed pipes comprise ends which are substantially similarly shaped.
- 19. The device of claim 18, wherein the ends are arranged on at least one of a common plane and a common surface.
- 20. The device of claim 11, wherein the at least two feed pipes are substantially similarly shaped and sized.
- 21. The device of claim 18, wherein the ends are arranged on at least one of a common plane and a common surface.

22. A metal foam comprising:

a plurality of cavities formed by introduction of a gas into an area wherein several equally spaced ends of equally dimensioned feed pipes project into a foamable melt:

the cavities being arranged in a monomodal distribution; and adjacent cavities abutting one another.

- 23. The metal foam of claim 22, wherein adjacent cavities that abut one another grow together by introducing the gas.
- 24. The metal foam of claim 22, wherein the cavities comprise a substantially predetermined size.

- 25. The metal foam of claim 22, wherein the cavities comprise a substantially predetermined shape.
- 26. The metal foam of claim 22, wherein the metal foam is included in a component having a relatively low weight.
- 27. The metal foam of claim 22, wherein the metal foam is included in a component having a relatively high energy absorption during deformation.
 - 28. A lightweight metal part comprising the foam metal of claim 22.
- 29. The lightweight metal part of claim 28, wherein the lightweight metal part comprises an automobile part.
- 30. The lightweight metal part of claim 28, wherein the lightweight metal part comprises an aerospace part.